

Fresh Fruit and Vegetable Program

# FRUIT & VEGETABLE STORAGE & PREP GUIDE

June 22



## TUSCAN KALE

Store:

- Wrap in a damp paper towel and refrigerate in an open plastic bag for 3-7 days.
- Wash just before using.

Prepare:

- Massage kale to soften leaves and reduce bitterness.
- To massage, squeeze with hands in a bowl or bag until soft (fun for kids!).



## PLUMCOTS

Store:

- Store at room temperature away from direct sunlight for 1-2 days or in the fridge for up to 1 week.

Prepare:

- Make fruit kabobs: add chopped plumcots, banana slices, grapes, or any other small fruit onto a toothpick or skewer for a fun snack.



cut or tear along the dotted line

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# FRUIT & VEGETABLE ACTIVITY SHEET

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## DID YOU KNOW?



Tuscan kale is also called dinosaur kale!



Plumcots are a sweet mix between apricots and plums!

## WORD SCRAMBLE

Unscramble the words below.

1. TSNCAU \_\_\_\_\_
2. PTMCLUO \_\_\_\_\_
3. DUISANOR \_\_\_\_\_
4. ATPCRIO \_\_\_\_\_

Answer key: TUSCAN, PLUMCOT, DINOSAUR, APRICOT

For more fresh fruit & vegetable activities, visit [dcps.dc.gov/page/ffvp-nutrition-education](https://dcps.dc.gov/page/ffvp-nutrition-education) or scan this code with your phone's camera:

